

SUPERWALK EVENT DAY AGENDA

#NOMATTERWHAT

Your Walk in a Box kit is designed to make your SuperWalk experience as meaningful and memorable as possible. There is joy, and there is hope in knowing that you are not alone. Thank you for joining thousands of SuperWalkers from across the country as we walk toward a world without Parkinson's: No Matter What.



PARKINSON CANADA

SUPERWALK™

GENEROUSLY SUPPORTED BY



MESSAGES OF INSPIRATION

SuperWalk is a moment throughout the year where people can come together and celebrate the hope of research, build awareness for people living with Parkinson's, and be surrounded by people who support and love one another.

No matter the fact, we are immersed in a global pandemic, No matter the hardship and heartache. No matter the challenges you faced personally. NO MATTER WHAT, you stepped up to make an impact with SuperWalk.

The message "No Matter What" has been so clear to me from everyone I've connected with over the last year. The strength of spirit and community is something I know well from my own family's experience with Parkinson's. I'm proud to be a part of SuperWalk and to reflect that No Matter What resolve back to you on September 11th when I walk with my family.



Karen Lee, PhD
President & CEO

It has been a few years since I've hosted a SuperWalk, and this year's online Kick-Off Event is different than what I'm used to, but I am just as thrilled to be a part of your SuperWalk weekend in virtual format.

My connection to SuperWalk, and Parkinson's, is personal. My grandfather was a massive part of my life. He passed away in 2014 after being diagnosed in 2008. I've seen first-hand the way this disease affected our whole family while watching my late grandfather's progression. That's why I'm so honoured to be part of your day on September 11th, to be a part of your community, and this vital work.

I know that SuperWalk is much more than a fundraiser; it brings families and friends together, and it puts Parkinson's at the forefront for everyone in your circle, at least for one weekend. I believe there is great power in coming together to create change.



Saphia Khambalia, Co-Host
Journalist & TV personality

In a typical year at this time, I would be participating in the Vancouver SuperWalk with my family. It is a chance to come together around Parkinson's and connect with others in our community.

This year, I'm looking forward to SuperWalk weekend even more. What makes this year special for me is that I have the honour of connecting with all of you as the co-host and emcee of the Online Kick-Off Ceremony on September 11th.

When I host the 'When Life Gives You Parkinson's' podcast, I like to think I give a voice to what others with Parkinson's may be feeling, and I'm proud to provide a forum for guests to share their personal experiences. Along with many other great guests, it is my honour to be that voice for your SuperWalk experience.



Larry Gifford, Co-Host
News Anchor

Host: When Life Gives You Parkinson's Podcast

Let's be a part of the movement together as we walk united across Canada in a year when circumstances force us to be apart.

TIMELINE & AGENDA

SUPERWALK: YOUR WAY

SEPTEMBER 1-10

Plan your walk route and your personal celebration! Use your Walk in a Box tools to create fun swag. There are some great ideas to help you get started on the back page of this booklet. How will you celebrate SuperWalk this year?

SEPTEMBER 11

Start your day with a healthy breakfast. Burnbrae Farms has shared a coupon so you can fuel up with a healthy, Omega 3-rich meal. Gather your family, team, and supplies so you can be ready to Walk Your Way after the virtual Kick-Off Ceremony.

11:00AM ET: Your 2021 Live Kick-Off Ceremony

Log onto Parkinson Canada SuperWalk's Facebook page ([Facebook.com/ParkinsonSuperWalk.ca](https://www.facebook.com/ParkinsonSuperWalk.ca)) where you can view, chat and engage online. The video will be shared on YouTube and SuperWalk.ca for those who aren't on Facebook. If you're not able to catch it live, a recording will be available afterward.

Your opening ceremony will feature our CEO, Hosts, members of the Parkinson Canada Board, an exercise guest, and most importantly - teams, donors, volunteers, and walkers like you!

11:25AM ET: Walk Your Way!

This part is up to you. Hundreds of unique, local SuperWalk events will take place across the country, collectively uniting us for a single purpose: a world without Parkinson's.

After the Walk

Gather with family and friends to celebrate or simply take a well-earned rest.

Finally, keep sharing! Your fellow walkers want to feel a part of the nation-wide movement with you. Post your photos to our [Google album](https://www.google.com/album) at: donate.parkinson.ca/album. We will use the photos to create a National SuperWalk wrap-up.

SEPTEMBER 12 & Beyond

Be proud of your commitment! In these unique and challenging times, you stood with something that was important to you. You stood together with the Parkinson community with a will to show one another that you are not alone. THANK YOU!

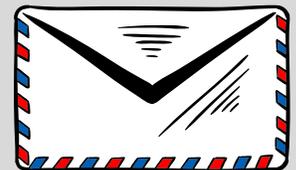


Burnbrae Farms has been a SuperWalk National sponsor for more than 15 years and will join us today with their own family walk and celebration.

They have shared a coupon so you can start your day with a healthy, Omega 3-rich meal.

Reconciling Pledges

Use the reply envelope and pledge form in your kit to send cheques. Please share full donor info and do not mail cash. Consider one personal cheque to cover the cash or email superwalk@parkinson.ca to request a credit card invoice.



Mail To:

Parkinson Canada
Attn: SuperWalk

316-4211 Yonge Street
Toronto, ON M2P 2A9

Tag us on social media to share your walk experience with us!



@ParkinsonSuperWalk.ca



@ParkinsonCanada



@SuperWalk

WALK IN A BOX "HOW TO" GUIDE

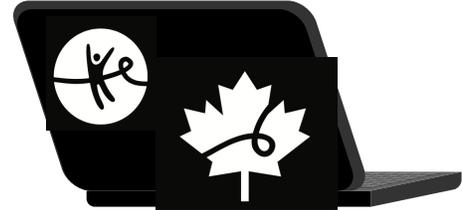
CELEBRATE: YOUR WAY



Temporary Tattoo



Stickers



Handheld Sign



Vinyl Decals



Beach Ball



Iron-On Logos

1. Cut out iron-on transfers
2. Iron on to t-shirts, backpacks, sports towels, etc.
3. Show off your unique SuperWalk swag!



THANK YOU TO OUR WALK IN A BOX SPONSORS CATALYST & MCKESSON CANADA